



"Milk Moments" Educational Topics

2/7/2024 "How to Enjoy Valentine's Day as a Breastfeeding Mom"

2/21/2024 "Ever Changing Milk"

3/6/2024 "Introduction to Bottle Feeding"

3/20/2024 "How to Increase Your Milk Production Part 1"

4/3/2024 "How to Increase Your Milk Production Part 2"

4/17/2024 "Baby Wearing"

5/1/2024 "Colostrum and Hand Expression"

5/15/2024 "Return to Work Part 1"

6/5/2024 "Return to Work Part 2"

6/19/2024 "Summertime and Water Intake"

7/3/2024 "Signs of a Good Feeding"

7/17/2024 "The Distracted Baby"

8/7/2024 "World Breastfeeding Celebration"

8/21/2024 "World Breastfeeding Celebration"

9/4/2024 "Introducing Solids"

9/18/2024 "Body Mechanics and Breastfeeding"

10/2/2024 "Maternal Illness"

10/16/2024 "Infant Illness"

11/6/2024 "Infant Sleep"

11/20/2024 "Surviving the Holidays"

12/4/2024 "Postpartum Mental Health"

12/18/2024 "Joy of Breastfeeding"

1/1/2025 NO Baby Steps Café

1/17/2025 "Healthy Eating"